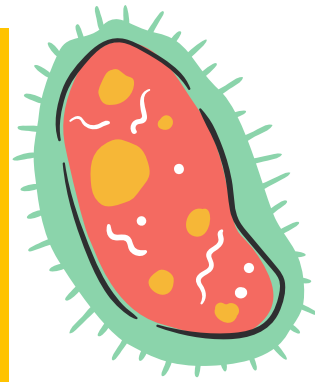
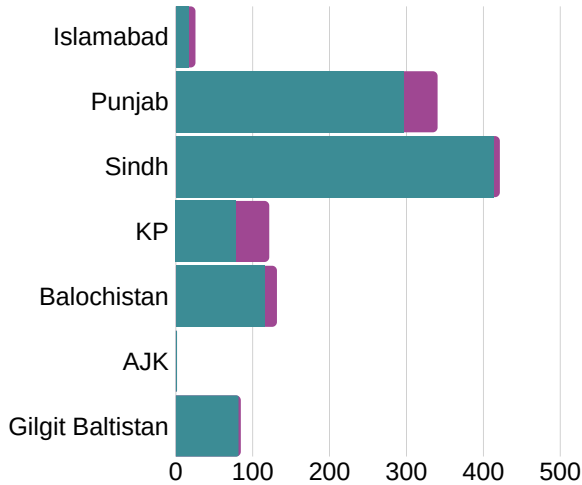


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can answer their questions.



Confirmed Cases



The **Pakistan Coronavirus CivicActs Campaign (CCC)** captures rumors and perceptions among communities to eliminate information gaps between the government, media, humanitarian agencies and citizens. By providing the public with facts, these coronavirus bulletins aim to create a better understanding of needs regarding coronavirus and to debunk rumors before they can do more harm.



DON'T PANIC!

Follow these steps to help prevent the spread of coronavirus.

- Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitizer (with at least 60% alcohol) if soap and water aren't available.
- Cover your nose and mouth (with your elbow or a tissue) when sneezing.
- Avoid crowded places and practice social distancing. If you think you have been exposed to someone with coronavirus, quarantine yourself for a minimum of 14 days and monitor any symptoms.
- Do not stockpile supplies.

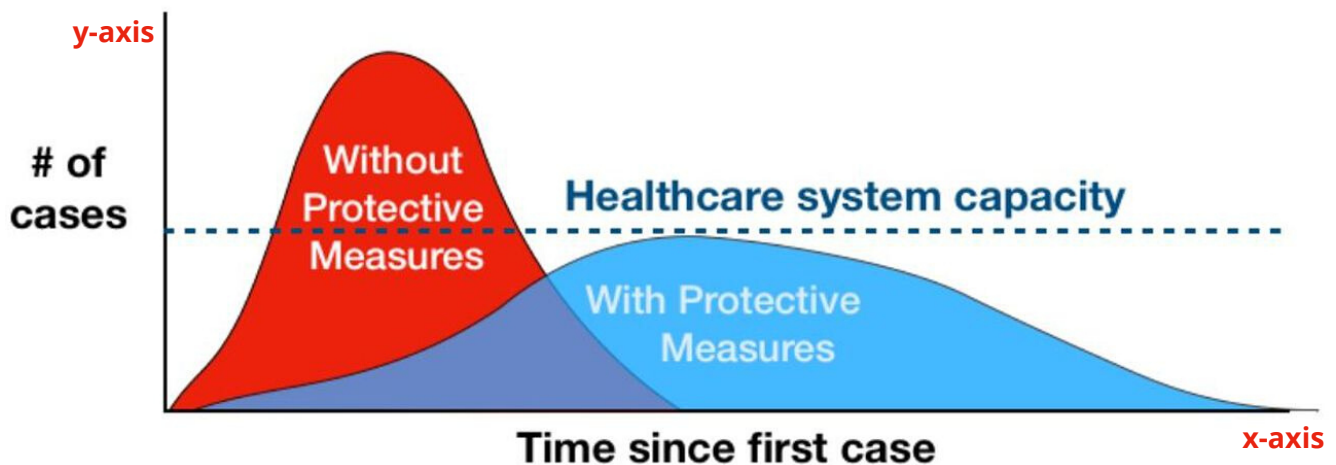
FLATTENING THE CURVE

What is "flattening the curve"?

When we talk about flattening the curve, we mean reducing the projected number of cases over a period of time. By staggering the number of new cases over a longer period of time, those who get infected will have better access to care.

How can we flatten the curve?

Since there is currently no vaccine available for coronavirus and testing kits are scarce, the World Health Organization recommends that citizens take collective action. By staying at home and practicing social distancing as much as possible, this can reduce the number of daily interactions an infected person has, and limits how many more people are infected.



Adapted from CDC / The Economist

Credit - [The Philadelphia Inquirer](#)

The red bump is narrow and goes over the dotted line. This means that more cases have occurred in a shorter span of time, and that the number of cases has gone above what the healthcare system can handle.

The blue bump is wide and stays below the dotted line. This means that fewer cases have occurred at any given time, and that the healthcare system has been able to manage them properly.

The horizontal dotted line indicates how many cases the healthcare system can handle at any given time.

Is it actually possible to do this?

Yes. When the number of coronavirus cases in South Korea exploded in late February - medical workers identified 909 new cases in a single day at peak - the country took measures to reduce the rate at which it was spreading. How did South Korea manage this? By acting fast and early, testing early and often, promoting isolation early on for those who tested positive, and tracing anyone they may have had contact with. In addition to these measures, South Korea used television broadcasts, subway station announcements, and smartphone alerts to remind citizens to wear face masks and practice social distancing. To read more about how South Korea flattened the curve, click [here](#).

Sources: [The New York Times](#) [CNBC](#) [The Philadelphia Inquirer](#)

Rumor → Fact

Is coronavirus the deadliest virus known to man?

Although COVID-19 does appear to be far more serious than influenza, it is not the deadliest virus that people have faced. Others, such as Ebola, have higher mortality rates (50%). As of March 3, 3.4% of those infected with coronavirus globally died, whereas the flu generally kills fewer than 1% of those infected.

I heard that hand sanitizers are no longer available on the market, and if there is any it's being sold at twice the price. Is this true?

Due to the shortage of hand sanitizers across the country, the Pakistan Council for Scientific Research has developed hand sanitizers that are now available. The Federal Minister of Science and Technology announced that all provincial governments are advised to contact PCSIR for supplies. The sanitizer is available at regional PCSIR offices in Islamabad, Lahore, Karachi, Peshawar, and Quetta.

Should I stockpile as many groceries as I can?

No. Only buy what is needed for one week at a time. It is important to remember that many families may be unable to buy a large supply of food and water at one time. Demand is high – especially for grocery, household cleaning, and some healthcare products. Freight flows are not disrupted, but stores need time to restock. Even during lockdowns, essential services such as pharmacies, grocery stores, and meat shops are allowed to stay open.

Is social distancing an over reaction?

No. The WHO recommends social distancing (maintaining a distance of at least 6 feet from others) as a method to slow down the spread of the infection. When an infected person coughs or sneezes, they spray small droplets from their nose or mouth. If you are too close when that happens, you may breathe in the droplets, causing you to get sick.

Some supermarkets are taking extra precautions to make sure people follow proper social distancing practice. Some shops will only allow a handful of people in at a time, while others mark out spaces 6-feet apart for those in the checkout line and those waiting to get in.

Do you have any questions about coronavirus? Have you heard any rumors?
Send us your questions through the form below so we can address them!

bit.ly/CivActsCOVID

Sources: [Mountain Times](#) [Worldometers](#) [Brecorder](#) [Radio Pakistan](#)
[World Health Organization](#) [NDTV](#) [DC Islamabad](#)



What do I do if I think I have coronavirus?

Do you have any symptoms?

- **Fever**
- **Shortness of breath**
- **Dry cough**
- **Tiredness**



If so, contact your doctor or the coronavirus helpline at 1166.

Where can I get tested?

Karachi

Aga Khan University Hospital

Stadium Road, Karachi

Civil Hospital

DOW University Campus
Mission Road, Karachi

Dow Medical Hospital

Ojha Campus
Suparco Road, Karachi

Indus Hospital

Opposite Darussalam Society, Korangi
Crossing, Karachi

Lahore

Punjab AIDS Lab

PACP Complex
6 - Birdwood Road, Lahore

Shaukat Khanum Memorial Hospital

7A Block R-3 M.A. Johar Town, Lahore

Islamabad

National Institute of Health

Park Road
Chak Shahzad, Islamabad

Rawalpindi

Armed Forces Institute of Pathology

Range Road
CMH Complex, Rawalpindi

Multan

Nishtar Hospital

Nishtar Road,
Justice Hamid Colony, Multan

For more cities visit the
[COVID-19 Health Advisory Platform](#)



Coronavirus CivActs Campaign is brought to you by
Accountability Lab Pakistan.

